



Southern California Pulmonary & Sleep Disorders Medical Center
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THE INTERNATIONAL RESTLESS LIMB SYNDROME (IRLS) RATING SCALE

Name: _____ MR# _____ DATE _____

Please rate your symptoms of RLS over the past 1-2 weeks based upon the following questions. Score 0 points for none; 1 point for mild; 2 points for moderate; 3 points for severe; 4 points for very severe:

- Overall, how would you rate the RLS discomfort in your legs or arms?
____ Very Severe ____ Severe ____ Moderate ____ Mild ____ None
- Overall, how would you rate the need to move around because of your RLS symptoms?
____ Very Severe ____ Severe ____ Moderate ____ Mild ____ None
- Overall, how much relief of your RLS arm or leg discomfort do you get from moving around?
____ None ____ Slight ____ Moderate ____ Complete ____ No symptoms, does not apply
- Overall, how severe is your sleep disturbance from your RLS symptoms?
____ Very Severe ____ Severe ____ Moderate ____ Mild ____ None
- How severe is your tiredness or sleepiness from your RLS symptoms?
____ Very Severe ____ Severe ____ Moderate ____ Mild ____ None
- Overall, how severe is your RLS as a whole?
____ Very Severe ____ Severe ____ Moderate ____ Mild ____ None
- How often do you get RLS symptoms?
____ Very Severe ____ Severe ____ Moderate ____ Mild ____ None
(6-7 days /week) (4-5 days /week) (2-3 days /week) (0-1 days/week)
- When you have RLS symptoms, how severe are they on an average day?
____ Very Severe ____ Severe ____ Moderate ____ Mild ____ None
(>8 hrs /day) (3-8 hrs /day) (1-3 hrs / day) (< 1 hr /day)
- Overall, how severe is the impact of your RLS symptoms on your ability to carry out your daily affairs, for Example, carrying out a satisfactory family, home, social, school or work life?
____ Very Severe ____ Severe ____ Moderate ____ Mild ____ None
- How severe is your mood disturbance from your RLS symptoms, for example, angry, depressed, sad, anxious or irritable?
____ Very Severe ____ Severe ____ Moderate ____ Mild ____ None

TOTAL SCORE = _____

Mild (1-10) Moderate (11-20) Severe (21-30) Very Severe (>30)